

Menu Plan 0-2 Years: Autumn/Winter

Week 1

Our menu for 0-2 means that all hard fruit and vegetables are parboiled and all meals and snacks are mashed or pureed as needed. New food will only be given to children after they have been introduced in the home environment at least 3 times first.

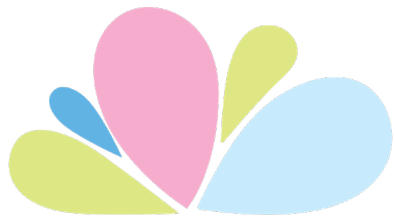
Key Descriptions

Condiments offered: Margarine, jam, vegemite
 Toast/Breads offered: Whole meal
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)
 Formula: Stage appropriate S26 Gold
 Egg free room & Nut free service

Reference/source:

Reference/Source: Get up and Grow, healthy eating and physical activity in Early Childhood Good for kids, good for life Nutrition Department of the Central Coast Area Health Service in NSW Dietary Guidelines for children and adolescents in Australia. Reviewed: February 2020. Next Review Date: February 2021

| | Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|---|--|---|---|
| 7am – 8am | Breakfast | Choice of cereals: (Weetbix or Porridge) | Choice of cereals: (Weetbix or Porridge) | Choice of cereals: (Weetbix or Porridge) | Choice of cereals: (Weetbix or Porridge) | Choice of cereals: (Weetbix or Porridge) |
| 9:00 am | Morning Tea | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree |
| | | Baked Beans on Toast | Baked beans on Toast | Raisin toast with margarine | Toast with avocado dip | Toast with Cream Cheese |
| | Beverages | Milk and water | Milk and water | Milk and water | Milk and water | Milk and water |
| 11:30 am | Starter | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree |
| | Lunch | Creamy Tuna pasta | Beef Bolognese with rice | Savory mince with couscous | Vegetarian & spinach Risotto with Cauliflower & corn | Spaghetti Bolognese |
| | Alternative/ Vegetarian Meal | Creamy pasta Served with orange slices | Beans with Bolognese sauce and rice Served with orange slices | Tofu and veggies with couscous. Served with orange slices | Vegetarian Risotto with cauliflower, corn Served with orange slices | Spaghetti with lentil and veggies Served with orange slices |
| | Beverage | Water | Water | Water | Water | Water |
| 2:30 pm | Afternoon Tea | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree |
| | 0-1yr old - Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches | Rice cracker with French onion dip | vanilla custard | Multigrain crispbread with spread | Corn thin and tzatziki dip | Strawberry yoghurt |
| | Beverage | Milk and water | Milk and water | Milk and water | Milk and water | Milk and water |
| 4:45 pm | Late Afternoon Snack/Dinner | Main meal included in the puree +vegetables puree Pumpkin and lentil soup with toast finger Pumpkin and lentil soup with toast finger | Main meal included in the puree +vegetables puree Chicken noodles soup Vegetables noodles soup | Main meal included in the puree +vegetables puree Creamy tuna pasta Creamy vegetables pasta | Main meal included in the puree +vegetables puree Spanish chicken with pasta Tofu chicken with pasta | Main meal included in the puree +vegetables puree Creamy Potato and Leek soup with toast fingers Creamy Potato and Leek s with toast fingers |
| | Beverage | Water | Water | Water | Water | Water |



Menu Plan 0-2 Years: Autumn/Winter

Week 2

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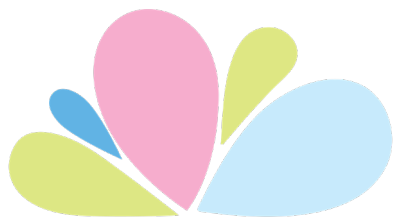
Key Descriptions

Condiments offered: Margarine, jam, vegemite
 Toast/Breads offered: Whole meal
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)
 Formula: Stage appropriate S26 Gold
 Egg free room & Nut free service

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| | Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---------------------------------|---|--|---|---|--|
| 7am – 8am | Breakfast | Choice of cereals: (Weetabix, Porridge) | Choice of cereals: (Weetabix, Porridge) | Choice of cereals: (Weetabix, Porridge) | Choice of cereals: (Weetabix, Porridge) | Choice of cereals: (Weetabix, Porridge) |
| 9:00 am | Morning Tea | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree |
| | | Raisin toast & margarine | Toast with Cheese | Baked beans on toast | Baked Beans on Toast | Raisin toast with margarine |
| | Beverages | Milk and water | Milk and water | Milk and water | Milk and water | Milk and water |
| 11:30 am | Starter | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree |
| | Lunch | Beef stroganoff with rice | Spanish Chicken with rice | Spaghetti Bolognese | Creamy tuna pasta | Spaghetti Bolognese |
| | Alternative/ Vegetarian Meal | Stir fry vegetables and beans with rice Served with orange slices | Lentil fried rice Served with orange slices | Spaghetti Napolitano - Served with orange slices | Creamy pasta Served with orange slices | Mexican beans with spaghetti Served with orange slices |
| | Beverage | Water | Water | Water | Water | Water |
| 2:30 pm | Afternoon Tea | Seasonal fresh fruit | Seasonal fresh fruit | Seasonal fresh fruit | Seasonal fresh fruit | Seasonal fresh fruit |
| | | Fresh fruit puree Corn thin and cheese | Fresh fruit puree Yoghurt with oats | Fresh fruit puree Wholegrain crispbread | Fresh fruit puree Rice cracker & hummus dip | Fresh fruit puree Yoghurt with oats |
| | Beverage | Milk and water | Milk and water | Milk and water | Milk and water | Milk and water |
| 4:45 pm | Late Afternoon Snack/Dinner | Main meal included in the puree +vegetables puree Spanish chicken with pasta Pasta with stir fry veggies and lentil | Main meal included in the puree +vegetables puree Pumpkin and lentil soup with toast fingers Pumpkin and lentil soup with toast fingers | Main meal included in the puree +vegetables puree Cheesy broccoli moray with noodles | Main meal included in the puree +vegetables puree Turkey mince with rice Tofu, vegetables stir fry with rice Stir fry vegetables and beans with rice | Main meal included in the puree +vegetables puree Chicken Noodle soup Vegetable Noodle soup |
| | Beverage | Water | Water | Water | Water | Water |



Menu Plan 0-2 Years: Autumn/Winter

Week 3

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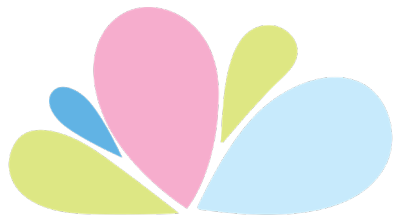
Key Descriptions

Condiments offered: Margarine, jam, vegemite
 Toast/Breads offered: Whole meal
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)
 Formula: Stage appropriate S26 Gold
 Egg free room & Nut free service

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| | Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|--|---|---|--|
| 7am – 8am | Breakfast | Choice of cereals: (Weetabix, Porridge) | Choice of cereals: (Weetabix, Porridge) | Choice of cereals: (Weetabix, Porridge) | Choice of cereals: (Weetabix, Porridge) | Choice of cereals: (Weetabix, Porridge) |
| 9:00 am | Morning Tea | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree |
| | 0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches | Raisin toast with margarine | Baked Beans on Toast | Baked Beans on Toast | Raisin toast with margarine | Cheese on toast |
| | Beverages | Milk and water | Milk and water | Milk and water | Milk and water | Milk and water |
| 11:30 am | Starter | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree |
| | Lunch | Mexican beef with pasta | Beef Bolognese with rice | Tuna mornay | Spaghetti Bolognese | Vegetarian couscous |
| | Alternative/ Vegetarian Meal | Mexican beans with pasta Served with orange slices | Beans with Bolognese sauce and rice. Served with orange slices | Celery and peas mornay Served with orange slices | Spaghetti Napolitano Served with orange slices | Vegetarian couscous Served with orange slices |
| | Beverage | Water | Water | Water | Water | Water |
| 2:30 pm | Afternoon Tea | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree |
| | 0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches | Rice cracker with spread | Yoghurt with fruit | Corn thin with hummus dip | Multigrain crispbread with spread | Yoghurt with oats |
| | Beverage | Milk and water | Milk and water | Milk and water | Milk and water | Milk and water |
| 4:45 pm | Late Afternoon Snack/Dinner | Main meal included in the puree +vegetables puree Spanish chicken with rice Tofu with vegetables and rice | Main meal included in the puree +vegetables puree Chicken noodle soup Vegetable noodle soup | Main meal included in the puree +vegetables puree Beef and sweet potato stir fry with pasta Baby broccoli and sweet potato stir fry with pasta | Main meal included in the puree +vegetables puree Quinoa with chicken and vegetables Quinoa with vegetables | Main meal included in the puree +vegetables puree Beef stroganoff with spiral pasta Mexican beans stir fry with vegetables |
| | Beverage | Water | Water | Water | Water | Water |



Menu Plan 0-2 Years: Autumn/Winter

Week 4

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Condiments offered: Margarine, jam, vegemite
 Toast/Breads offered: Whole meal
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)
 Formula: Stage appropriate S26 Gold
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| | Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|--|---|--|
| 7am – 8am | Breakfast | Choice of cereals: (Weetabix or, Porridge) | Choice of cereals: (Weetabix or, Porridge) | Choice of cereals: (Weetabix or, Porridge) | Choice of cereals: (Weetabix or, Porridge) | Choice of cereals: (Weetabix or, Porridge) |
| 9:00 am | Morning Tea | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree | Assorted Vegetables Fresh fruit puree |
| | 0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches | Toast with Cheese | Raisin toast with margarine | Baked Beans on Toast | Toast with Cheese | Baked Beans on Toast |
| | Beverages | Milk and water | Milk and water | Milk and water | Milk and water | Milk and water |
| 11:30 am | Starter | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree | Assorted vitamin C rich Vegetables Main meal included in the puree +vegetables puree |
| | Lunch | Pasta Bolognese | Pumpkin and lentil soup with toast finger | Chicken casserole with sweet potato | Savory mince with Quinoa | Beef stroganoff with rice |
| | Alternative/ Vegetarian Meal | Pasta with red sauce and lentil Served with orange slices | Pumpkin and lentil soup with toast finger Served with orange slices | Mixed vegetables stir fry with sweet potato. Served with orange slices | Tofu and vegetables with Quinoa Served with orange slices | Stir fry vegetables and beans with rice Served with orange slices |
| | Beverage | Water | Water | Water | Water | Water |
| 2:30 pm | Afternoon Tea | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree | Seasonal fresh fruit Fresh fruit puree |
| | 0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches | Corn thin with spread | Yoghurt with oats | Multigrain crispbread with spread | Wholemeal toast with Baked Beans | Yoghurt with oats |
| | Beverage | Milk and water | Milk and water | Milk and water | Milk and water | Milk and water |
| 4:45 pm | Late Afternoon Snack/Dinner | Main meal included in the puree +vegetables puree Chicken noodle soup Vegetables noodle soup | Main meal included in the puree +vegetables puree Savory Mince with Couscous Mixed beans with Couscous | Main meal included in the puree +vegetables puree Broccoli cream risotto | Main meal included in the puree +vegetables puree Creamy Potato and Leek soup with toast fingers | Main meal included in the puree +vegetables puree Chili corn carne with brown rice Brown rice with red kidney beans |
| | Beverage | Water | Water | Water | Water | Water |